

# RESCUE SYSTEMS 1

## Basic Rescue Skills



## SENIOR INSTRUCTOR TRAINEE TASK BOOK

May 2010



# RESCUE SYSTEMS 1

## SENIOR INSTRUCTOR TRAINEE TASK BOOK



### INSTRUCTOR TRAINEE TASK BOOK

The Rescue Systems 1 Instructor Trainee Task Book lists every requirement that will be evaluated. Each instructor trainee's performance will be observed and recorded by the evaluating instructor. The evaluating instructor will determine if the instructor trainee has successfully met the performance standards for one or more modules and should be recommended for primary instructor status.

### INSTRUCTIONS FOR COMPLETING THE TASK BOOK

The Rescue Systems 1 Instructor Trainee Task Book allows the evaluating instructor to record an instructor trainee's performance for teaching both technical and manipulative jobs. These evaluations are made by observing the instructor trainee's presentation in the classroom and their manipulative performance techniques at each skill station.

### TASK BOOK HEADINGS

Instructor Trainee: Enter the trainee's name.

Class Dates: Enter the beginning and ending dates of the class.

Module: Lists the module name and the technical and manipulative performance requirements by lesson plan number and topic.

Time Frame: Lists the estimated time frame for teaching the job.

SM Page #: Lists the corresponding page number from the student manual.

Instructor #: The evaluating instructors enter their State Fire Training registration number.

Instructor Initials: The evaluating instructors enter their initials.

Date: The evaluating instructor enters the date the instructor trainee was evaluated.

Primary Instructor: Enter the Rescue Systems 1 Primary Instructor for this module.

Senior Instructor: Enter the Rescue Systems 1 Senior Instructor for this class.

Site Level: Enter the site level (1, 2, 3, or 4) for this course delivery.



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### **(a) Evaluator Recommendation**

One or more evaluator's will complete the Evaluator Recommendation.

*The above named trainee performed the Orientation Module tasks initialed and dated by me under my supervision. As a result, I propose that the trainee:*

- ☐ *successfully performed all tasks and should be considered for instructor registration.*
- ☐ *was not able to complete certain tasks (comments below) and additional guidance is required.*





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## SENIOR INSTRUCTOR TRAINEE TASK BOOK



INSTRUCTOR TRAINEE:		CLASS DATES:			
ROPE MODULE	Time Frame	SM Topic	Evaluating Ins. #	Evaluating Ins. Initials	Date
<b>Knots Review</b>					
Tie a Figure Eight Stopper					
Tie a Figure Eight On A Bight					
Tie an Overhand Knot -Webbing					
Tie an Overhand Bend - Webbing					
Tie a Round Turn With Two Half Hitches - Webbing					
Tie a Clove Hitch -Webbing					
Attach a 3-Wrap Prusik Hitch					
Tie a Figure Eight Follow Through					
Tie a Double Overhand Bend					
Tie a Figure Eight Bend					
Tie a Double Overhand on a Bight					
Tie a Tensionless Hitch					
<b>Rescuer &amp; Victim Packaging Review</b>					
Package a Non-Ambulatory Victim in a Rescue Litter					
Tie a Hasty Pelvic and Chest Harness					
Donn Class III Harness					
Package a Victim in a Commercial Chest Harness					
Package a Victim in a Commercial Pelvic Harness					
Package a Victim in a Hasty Pelvic Harness					
Package a Victim in a Hasty Chest Harness					
Attach a Rescuer to a Rope Rescue System					
Attach an Ambulatory Victim to a Rope Rescue System					
Attach a Rescue Litter Vertically to a Rope Rescue System					
Attach a Rescue Litter Horizontally to a Rope Rescue System					
Demonstrate How to Tend a Rescue Litter Using Tag Lines					
Attach a Rescuer to a Fall Restraint Systems					
<b>Rack Pulley Mariner's Hitch Review</b>					
Introduction To The RPM					
Attach & Operate A Brake Bar Rack As Part Of A RPM					
Attach & Operate A Figure Eight Descender As Part Of A RPM					
Construct & Operate A Mariner's Hitch or Load Releasing Device as Part of an RPM					
Attach A Prusik Loop To A RPM For Use As A Ratchet Device In A Haul System					



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## SENIOR INSTRUCTOR TRAINEE TASK BOOK



INSTRUCTOR TRAINEE:			CLASS DATES:			
ROPE MODULE		Time Frame	SM Topic	Evaluating Ins. #	Evaluating Ins. Initials	Date
Anchor Systems Review						
	Daily Overview & Safety Briefing		---			
	Introduction To Anchor Systems					
	Construct a Two-Point Focused Anchor Sling					
	Tie a Single Loop Anchor Sling					
	Tie a Multi-Loop Anchor Sling					
	Tie a Three Wrap Pull Two Anchor Sling					
	Tie a Girth Hitch Anchor Sling					
	Tie a Double Strength Girth Hitch					
	Tie a Locking Girth Hitch					
	Tie a Basket Anchor Sling					
Rappelling Review						
	Introduction To Rappelling					
Belay / Safety System Review						
	Construct and Operate Belay / Safety Line					
	Construct and Operate a Bely/Safety Line for a Lowering Operation					
	Construct and Operate a Bely/Safety Line for a Retrieval/Raising Operation					
Rappelling / Descending						
	Construct a Fixed Line for Rappel					
	Reeve a Figure Eight for Descending					
	Reeve a Brake Bar Rack for Descending					
	Rappel Using A Figure Eight Descender - High & Low Anchor Point					
	Rappel Using A Brake Bar Rack - High & Low Anchor Point					
	Demonstrate how to escape from a jammed descent control device (Team Based)					
Lowering & Raising Systems						
	Operate a Lowering Systems					
	Convert a Lowering Systems to a Raising System Using a 3:1 Inline RPM					
	Convert a Lowering Systems to a Raising System Using a 5:1 Inline RPM					
	Convert a Lowering Systems to a Raising System Using a 3:1 "Pig Rig"					
	Convert a Lowering Systems to a Raising System Using a 5:1 "Pig Rig"					
	Convert a Lowering Systems to a Raising System Using a Directional Change (3:1 or 5:1)					

**Total Hours: 13:00**



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<b>PRIMARY INSTRUCTOR:</b>		<b>SENIOR INSTRUCTOR:</b>	<b>SITE LEVEL:</b>
<b>EVALUATOR</b> Name: _____ Dept: _____ Phone: _____ The above named instructor trainee performed the Rope Module tasks initialed and dated by me under my supervision. As a result, I propose that the instructor trainee: <input type="checkbox"/> Successfully performed all tasks and should be considered for instructor registration. <input type="checkbox"/> Was not able to complete certain tasks (comments below) and additional guidance is required. _____ Date Evaluator's Signature		<b>EVALUATOR</b> Name: _____ Dept: _____ Phone: _____ The above named instructor trainee performed the Rope Module tasks initialed and dated by me under my supervision. As a result, I propose that the instructor trainee: <input type="checkbox"/> Successfully performed all tasks and should be considered for instructor registration. <input type="checkbox"/> Was not able to complete certain tasks (comments below) and additional guidance is required. _____ Date Evaluator's Signature	
<b>COMMENTS:</b>			



# RESCUE SYSTEMS 1

## SENIOR INSTRUCTOR TRAINEE TASK BOOK



INSTRUCTOR TRAINEE:			CLASS DATES:		
HEAVY OBJECTS / BREAKING & BREACHING MODULE	Time Frame	SM Topic	Evaluating Ins. #	Evaluating Ins. Initials	Date
<b>Heavy Objects</b>					
Introduction To Heavy Objects Operations					
Identify Weight, Gravity, and Center of Gravity					
Introduction to Friction and Resistance Force					
Identify Load Stabilization and Movement					
Identify Classes of Levers, used for mechanical advantage					
Construction, limitations, and proper use of different types of Crib Beds					
Proper Use of Wedges and shims					
Calculate load weights					
Proper safety techniques					
Proper staffing and Commands					
Raise & Lower A Heavy Object Using Pry Bars					
Demonstrate the use of a hydraulic jack					
Use Rollers & Pry Bars To Move A Heavy Object					
Raise, Stabilize, Move, & Lower A Single Heavy Object		---			
Raise, Stabilize, Move, & Lower Multiple Heavy Objects		---			
Raise, Stabilize, Move, & Lower Multiple Heavy Objects While Safely Managing & Extricating A Victim		---			
<b>Breaking &amp; Breaching</b>					
Introduction To Breaking & Breaching					
Breach Plywood & Wood Frame Construction Materials		---			
Breach Drywall, Stucco Lath & Wood Frame Construction Materials		---			
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**TOTAL HOURS: 10:00**





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## SENIOR INSTRUCTOR TRAINEE TASK BOOK



<b>PRIMARY INSTRUCTOR:</b>		<b>SENIOR INSTRUCTOR:</b>	<b>SITE LEVEL:</b>
<b>EVALUATOR</b> Name: _____ Dept: _____ Phone: _____ The above named instructor trainee performed the Heavy Objects/Breaking and Breaching Module tasks initialed and dated by me under my supervision. As a result, I propose that the instructor trainee:  <input type="checkbox"/> Successfully performed all tasks and should be considered for instructor registration.  <input type="checkbox"/> Was not able to complete certain tasks (comments below) and additional guidance is required.  Date _____ Evaluator's Signature _____		<b>EVALUATOR</b> Name: _____ Dept: _____ Phone: _____ The above named instructor trainee performed the Heavy Objects/Breaking and Breaching Module tasks initialed and dated by me under my supervision. As a result, I propose that the instructor trainee:  <input type="checkbox"/> Successfully performed all tasks and should be considered for instructor registration.  <input type="checkbox"/> Was not able to complete certain tasks (comments below) and additional guidance is required.  Date _____ Evaluator's Signature _____	
<b>INSTRUCTOR TRAINEE:</b> _____ <b>CLASS DATES:</b> _____			
<b>PRIMARY INSTRUCTOR:</b>		<b>SENIOR INSTRUCTOR:</b>	<b>SITE LEVEL:</b>
<b>COMMENTS:</b> _____ _____ _____ _____ _____ _____ _____			



# RESCUE SYSTEMS 1

## SENIOR INSTRUCTOR TRAINEE TASK BOOK



INSTRUCTOR TRAINEE:		CLASS DATES:			
LADDER MODULE	Time Frame	SM Topic	Evaluating Ins. #	Evaluating Ins. Initials	Date
<b>Ladder Rescue</b>					
Daily Overview & Safety Briefing		---			
<b>Anchors</b>					
Tie A Clove Hitch					
Tie A Multi-Loop Anchor Sling					
Introduction To Picket Holdfast Anchors					
Construct A 1-1 Picket Holdfast Anchor					
Construct A 1-1-1 Picket Holdfast Anchor					
Introduction To Lashing					
Form A Round Lash					
Form A Square Lash					
<b>Belay System</b>					
Introduction To The Belay System					
How To Construct & Operate A Belay System					
<b>Ladder Rig</b>					
Construct & Operate A 2:1 Ladder Rig With Pulleys					
<b>Ladder Gin</b>					
Introduction To The Ladder Gin					
Construct & Operate A Ladder Gin - Open Field					
Construct & Operate A Ladder Gin Against A Vehicle					
<b>Ladder "A" Frame</b>					
Introduction To The Ladder "A" Frame					
Rig A Rescue Litter For Raising & Lowering In A Vertical Position					
Construct & Operate A Ladder "A" Frame					
Tie & Attach A Hasty Harness					
<b>Ladder Rescue Systems</b>					
Introduction To Ladder Rescue Systems					
Construct & Operate A Moving Ladder Slide					
Construct & Operate A Ladder Slide					
Construct & Operate An Exterior Leaning Ladder					
Introduction To Ladder Slings					
Construct & Attach Slings To A Ladder					
Rig A Rescue Litter For Raising Or Lowering In A Horizontal Position					
Construct & Operate An Interior Leaning Ladder Using The Ladder As Friction					
Construct & Operate An Interior Leaning Ladder Using Carabiners As Friction					
Sling A Spar & Operate As A Lowering System					
Construct & Operate A Cantilever Ladder Rescue System Using A Ladder Rig					



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INSTRUCTOR TRAINEE:		CLASS DATES:			
LADDER MODULE	Time Frame	SM Topic	Evaluating Ins. #	Evaluating Ins. Initials	Date
Construct & Operate A Cantilever Ladder Rescue System Using A Ladder As Friction					
Construct & Operate A 2:1 Ladder Rig Without Pulleys					

**Total Hours: 8:00**

PRIMARY INSTRUCTOR:	SENIOR INSTRUCTOR:	SITE LEVEL:																
<table border="1"><thead><tr><th>EVALUATOR</th><th>EVALUATOR</th></tr></thead><tbody><tr><td>Name: _____</td><td>Name: _____</td></tr><tr><td>Dept: _____</td><td>Dept: _____</td></tr><tr><td>Phone: _____</td><td>Phone: _____</td></tr><tr><td colspan="2">The above named instructor trainee performed the Ladder Module tasks initialed and dated by me under my supervision. As a result, I propose that the instructor trainee:</td></tr><tr><td colspan="2"><input type="checkbox"/> Successfully performed all tasks and should be considered for instructor registration.</td></tr><tr><td colspan="2"><input type="checkbox"/> Was not able to complete certain tasks (comments below) and additional guidance is required.</td></tr><tr><td>_____ Date</td><td>_____ Evaluator's Signature</td></tr></tbody></table>			EVALUATOR	EVALUATOR	Name: _____	Name: _____	Dept: _____	Dept: _____	Phone: _____	Phone: _____	The above named instructor trainee performed the Ladder Module tasks initialed and dated by me under my supervision. As a result, I propose that the instructor trainee:		<input type="checkbox"/> Successfully performed all tasks and should be considered for instructor registration.		<input type="checkbox"/> Was not able to complete certain tasks (comments below) and additional guidance is required.		_____ Date	_____ Evaluator's Signature
EVALUATOR	EVALUATOR																	
Name: _____	Name: _____																	
Dept: _____	Dept: _____																	
Phone: _____	Phone: _____																	
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_____ Date	_____ Evaluator's Signature																	
<b>COMMENTS:</b>																		



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INSTRUCTOR TRAINEE:			CLASS DATES:		
SHORING MODULE	Time Frame	SM Topic	Evaluating Ins. #	Evaluating Ins. Initials	Date
<b>Emergency Shoring</b>					
Introduction To Structure Shoring Systems					
Introduction To Basic Tools & Equipment For Emergency Shoring Operations					
Introduction To Spot T Shores Utilizing Timber					
Construct A Timber Spot T Shore					
Introduction To The Vertical Shore					
Construct A Vertical Shore					
Introduction To The Horizontal Shore					
Construct A Horizontal Shore					
Introduction To The Pre-Constructed Window & Door Shore					
Construct A Pre-Constructed Window & Door Shore					
Introduction To A Sloped Surface Shore With Cribbing					
Construct A Sloped Surface Shore With Cribbing					
Introduction To The Split Sole Plate Raker Shore with Trough					
Construct A Split Sole Raker with Trough					
Introduction To The Split Sole Plate Raker Shore with U-Channel					
Construct A Split Sole Raker with U-Channel					
Introduction To The Cutting Station					
Cut Wedges & Gusset Plates					
Introduction To Measuring Tools Used To Determine Raker Length & Angle					
Cut A 45° Angle Raker					
Cut A 60° Angle Raker					
Construct Anchor Systems					
Demonstrate Proper Nailing Patterns					
Construct Diagonal Bracing					

**TOTAL HOURS: 9:00**

